

★ My Family and Friends ★
help me by pitching in with
work & play!



Jessica Ohiri, 12
Kawameeh Middle School – Union, NJ

FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

S 1 New Year's Day Help your children find and mark family birthdays on this calendar.	M 2 Praise without words sometimes. Children love smiles and hugs for a job well done.	T 3 Acknowledge a person in your community who supports children and families with a letter to your local newspaper.	W 4 Important ways to take care of yourself include eating well and making time for exercise.	T 5 Give your children opportunities to show compassion for others by donating books and toys to a charity or shelter.	F 6 Help Mother Nature by making sure cans, glass and paper are recycled. The environment will thank you!	S 7 Show appreciation for your significant other. Slip a greeting card with your thoughts under his or her pillow.
8 Donate a few hours to an organization that needs capable, caring adults to work with parents and children.	9 Sharing your family history helps children gain appreciation for grandparents and extended family members.	10 Teach thankfulness by your example.	11 Amelia Earhart Day Tell your children about the strong and brave women who are your role models.	12 Your child's best efforts always deserve a few words of loving appreciation.	13 Appreciate your children just as they are. All children are wonderfully different!	14 Make a simple birdfeeder for your feathered friends. Cut a large hole in a plastic milk jug, add birdseed, hang in a tree and watch the action!
15 Sign your daughter up for the local girl scout troop. Scouting builds self-confidence. www.girlscouts.org	16 Martin Luther King, Jr. Day A day to thank those who fought for the freedom we have in the U.S.A.	17 Volunteer together! Participate as a family in projects that make a real difference for others.	18 Set an example of fairness and kindness to others for your children to follow.	19 Let sitters and daycare staff know when you're pleased with the care your children receive.	20 Always tell your children "thanks" and "good job" when they help you out around the house.	21 Children may not always say it in words, but they do appreciate what you do for them.
22 Help your children appreciate everyone in your extended family—from tiny babies to elderly grandparents.	23 Children know you care when you listen to their hopes and dreams for the future.	24 Thank your child's teacher when he or she is doing a good job.	25 Help your children learn about the contributions made by every ethnic group to our culture.	26 Enjoy life's simple pleasures with your children, like walking in the fresh snow or admiring a star-filled night sky.	27 Parenting support is just a phone call away. Call the Family Help-Line at 1-800-THE KIDS.	28 Make a double batch of cookies or a casserole together, then give your creation to a food pantry or soup kitchen.
29 Super Bowl Sunday Toss the football around outside with your family before settling down to watch the game.	30 Say thank you to your children when they do something thoughtful for others.	31 Show your community spirit by helping plan a neighborhood watch, garage sale or spring clean-up day.	<p>Did you know January is National Thank You Month?</p> <p>This month, find ways to show appreciation to teachers, caregivers, the community, your family—and yourself!</p>			